



TRURO LOG

APRIL 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

Face of Experience:

Lucy Perry

Lucy will be 95 this year and she's going strong, full of enthusiasm. Perry's farm has been a key pin in Truro for more than 100 years and Lucy has been a key pin for the farm and the community since she married John Perry in the mid 1930's and moved from Middleboro, MA to Truro.

Lucy was born Lucy Athanasiou. Her father was from Greece and her mother was English. Lucy is a member of the Order of the Eastern Star, an international fraternal organization started in 1850.

Lucy met John Perry at a youth group in Plymouth. They wrote each other, John visited and a year after they met, Lucy moved to Truro and worked as a waitress at the Whitman House.

They married and lived in a cottage that had been moved from Wellfleet to a hill on the Perry Farm. They had a hand pump for water and an out-house. In a few years, they moved into the main farmhouse to take care of Lucy's mother-in-law, Mary J. Perry. Lucy has two sons, Stephen and Richard, 7 grandchildren and many great grand kids.

The farm, which earlier on had 70 acres with two large barns housing vegetables, chickens and sheep, now has corn, chickens and two huge greenhouses. Lucy's husband, John started the chicken business in the 1940's and Lucy was known for her chicken pies. Produce was sold at a

stand on the farm. Today everything is sold at the Hillside Farm stand on Rte. 6.

She was also known for her flower gardens and especially the roses. She brought huge bouquets to church and to the shut-ins that she visited.

Lucy started playing the organ at 15 when her father bought a cottage in Wareham that had an organ. She continued playing in churches in Wellfleet, Truro and Provincetown plus she volunteered to play for sing-a-longs at the Provincetown Manor and the Truro Council on Aging singing songs with gusto.

Following the tenets of Eastern Star, Lucy also taught Bible classes in her church. She has been a "worthy matron" of the Wellfleet Chapter of the Eastern Star six times. The photo on this page is of Lucy as a "worthy matron" which is a position as a leader in the Eastern Star. Lucy made the dress that she is wearing and all her other dresses too.

Besides the Eastern Star, Lucy and John were also active members of the Farm Bureau.

Today Lucy still lives in the farmhouse surrounded in the community by her children and grandchildren who happily help her. She loves taking part in programs at the Council on Aging and can be counted on to be here for lunch at the COA Café, to attend Dan Lynch's storytelling and to go the Friday night Fish Fry at the Eastham Elks with other Truroites on our van. Lucy thoroughly enjoys each event

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and her presence is marked by her large smile and lively personality.

Lucy has always been a contributor; not resting on her laurels she now makes table decorations and party favors out of crepe paper and long pipe cleaners. Truro is very lucky to have such a generous and energetic woman as part of our community.



COA GALLERY - APRIL

Mason Morfit, Nancy Ellen Craig, Heather Blume,
Michael Prodanou and Janice Allee

Janic Allee, a resident of Truro, creates figurative and landscape painting.

Heather Blume creates original sculpture, paintings and drawings concerned with the human condition.

Nancy Ellen Craig lives in Truro. For more than forty years, both in Europe and America she has been painting portraits professionally.

Mason Morfit studied with Jerry Farnsworth and Helen Sawyer in North Truro and works primarily in water-color and photography.

Michael Prodanou was trained as an architect and started his figure painting and drawing career in 2000.

Opening Reception is Sunday, April 3, 2-4 P.M.

All are welcome.



COA GALLERY - MAY

BARBARA SASS

I have called this collection *Horizons* because these abstract paintings, prints and collages, both landscape and seascape, celebrate the horizontality of my field of vision. Living in a coastal setting and witnessing the seasons shift the shape and color of shoreline, meadow and hill, has inspired my horizontal compositions. To make these landscapes personal visions, I inject imagination into the process via disorienting color, puzzling line, and unnatural light. Thus, familiar vistas become amusing, challenging, even disturbing.

Opening Reception is Sunday,

May 8, 2-4 P.M.

All are welcome.



**APRIL
COA CAFÉ**

TUESDAY 12:30

\$7.50

April 5

Teriyaki Salmon
Stir Fried Vegetables
Jasmine Rice

April 12

Meatloaf
Mashed Potatoes
Green Bean & Parmesan
Crusted Tomatoes

April 19

Baked Chicken with Dried
Fruit Wild Rice Pilaf
Vegetables

April 26

Spinach Lasagna
with Sauce Béchamel
Tomato Cucumber Salad



**MAY
COA CAFÉ**

TUESDAY 12:30

\$7.50

May 3

Baked White Fish w/Corn
and Black Bean Salsa
Roasted Potatoes
Veggies

May 10

Shepherds Pie

May 17

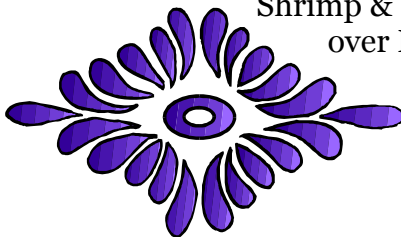
Garlic Chicken w/Sweet
Roasted Pepper Sauce
Lemon Orzo Wild Rice
Vegetable

May 24

Pork Chops w/Orange
Ginger Glaze
Mashed Potatoes
Minted Peas

May 31

Shrimp & Vegetable Stir Fry
over Basmati Rice



**John Carbone's Friday at
the Movies**

April 1 **ROMAN HOLIDAY**

(1953) Gregory Peck, Audrey
Hepburn, Eddie Albert

April 8 **A PLACE IN THE**

SUN (1951) Montgomery
Clift, Elizabeth Taylor,
Shelley Winters

April 15 **SATURDAY**

NIGHT FEVER (1977)

John Travolta, Karen Lynn
Gorney, Barry Miller

April 22 **THERE'S SOME-**

THING ABOUT MARY

(1998) Ben Stiller, Cameron
Diaz, Matt Dillon

April 29 **THELMA AND**

LOUISE (1991) Susan

Sarandon, Geena Davis

Movie & popcorn are

FREE and begins at
1:30P.M.

Please call if you need
any further info.

508-487-2462

SENTIMENTAL JOURNEY SWING BAND

*Come and join us once again to enjoy the
sounds of the big band era. We'll swing and
sing on **Tuesday, April 12th, 1:30P.M.***



April 2011



Mon	Tue	Wed	Thu	Fri
5ive Artists at the Truro Council on Aging Janice Allee -Heather Blume -Nancy Ellen Craig Mason Morfit -Michael Prodanou Opening Reception April 3, 2-4P.M.				1 Strength Training 9-10 FREE Friday Movie 1:30
4 Strength Training 9-10 Memoirs w/ Roz Pace 10:30-12:30	5 COA CAFÉ 12:30 Needlework 10-Noon	6 Strength Training 9-10 Weight Loss 10-10:30 Bereavement Group (closed)	7 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	8 Strength Training 9-10 FREE Friday Movie 1:30 Mystery Book Club 12:30
11 Strength Training 9-10 Memoirs w/ Roz Pace 10:30-12:30	12 COA CAFÉ 12:30 SENTIMENTAL JOURNEY BAND 1:30 Needlework 10-Noon	13 Strength Training 9-10 Weight Loss 10-10:30 Legal Assistance (by appointment) Bereavement Group (closed)	14 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	15 Strength Training 9-10 FREE Friday Movie 1:30 Hyannis Shopping Van 9A.M.
18 Strength Training 9-10 Memoirs w/ Roz Pace 10:30-12:30	19 Dan Lynch Story Swap 11-12:15 COA CAFÉ 12:30 Needlework 10-Noon	20 Strength Training 9-10 Weight Loss 10-10:30 Bereavement Group (closed)	21 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Volunteer Appreciation Day 10A.M.	22 Strength Training 9-10 FREE Friday Movie 1:30
25 Strength Training 9-10 Memoirs w/ Roz Pace 10:30-12:30 SIGHT LOSS 10-Noon	26 COA CAFÉ 12:30 Needlework 10-Noon	27 Strength Training 9-10 Weight Loss 10-10:30 Bereavement Group (closed)	28 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	29 Strength Training 9-10 FREE Friday Movie 1:30

HEALTH FAIR

TUESDAY, MAY 10

9 A.M.—12 P.M.

TRURO SENIOR CENTER

HOSTED BY THE VNA




BLOOD PRESSURE SCREENING
CHOLESTEROL/GLUCOSE SCREENING
BODY MASS INDEX
(HEIGHT & WEIGHT) SCREENING

COLORECTAL CANCER SCREENING
BONE DENSITY SCREENING (\$25)
HEALTH EDUCATIONAL MATERIALS
GIVEAWAYS

YOU MUST MAKE AN APPOINTMENT FOR THE CHOLESTEROL/GLUCOSE SCREENING AND THE BONE DENSITY SCREENING BY CALLING THE COA @ 508-487-2462

MEMORY SCREENING



Alzheimer's Services of Cape Cod and the Islands (ASCCI) will conduct **free**, confidential memory screenings at the Truro Council on Aging on **Friday, May 13, 2011** from 11A.M.-2P.M. The results of the memory screening do not represent a diagnosis of any particular illness, and a screening does not replace consultation with a qualified healthcare professional. However, it is very helpful. A screening can test your memory and other intellectual functions. It can indicate whether you might benefit from more testing. **Screenings take 30 minutes and must be booked through the ASCCI office by calling 508-775-5656.**

IN MEMORIAM

Margaret Longgood
Frederick Henry Boden
Donna Ngedham
Edith L. Cole

The Good News: The Medicare Part D “donut hole” **is** closing.

The Bad News: Not until the year **2020**.

The federal Patient Protection and Affordable Care Act (often known as Health Care Reform) provides for gradual closure of the Medicare Part D “donut hole.” That hole will not fully close until 2020.

This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary's cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150!! This is where **Prescription Advantage** can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole.

To find out how to lower your drug costs, call Prescription Advantage at **1-800-243-4636** or TTY for the deaf and hard of hearing at **1-977-610-0241**. The money you save can be your own!

VOLUNTEER APPRECIATION CELEBRATION

We hope all our volunteers will come in and join us for a breakfast celebration on **Thursday, April 21st**. Coffee and pastries will be served from **10:30 to noon**.

It's a small way to **thank you** for the big help you are!

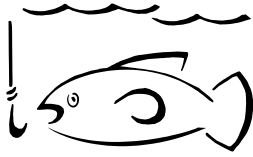
Mary Abt	Jeanne Foulke	Beth McCormick	Cliff Sharrock
Bill Aiken	Fred Gaechter	Eleanor Meldahl	Ginny Sharrock
Naz Basmajian	Steve Gassano	Marylyn Miller	Bob Schrader
Jack Besemer	Bill Golden	Deborah Minsky	Linda Slader
Brenda Boleyn	Bill Goodbody	John Monahan	Beryl Smith
Brian Boyle	Carol Green	Sally Monahan	Girard Smith
Audre Cerra	Lucie Grozier	Karen Mooney	Lynn Southey
Carol Cherry	Al Haversat	David Moore	Kitty Stevens
Russ Cherry	Steve Hoffman	Joan Moriarty	Margaret Stewart
Jennifer Cogswell	Bob Holt	John Moriarty	Nancy Tarvers
Betty Comey	Joan Holt	Sarah Morrison	Frank Thomas
Lisa Correira	Michael Holt	Walter Morrison	Pat Tortura
Cathy Costa	Martha Ingram	Fred Newton	Vivian Tortura
Joanni Criscitelli	Anne Irwin	Hilde Oleson	Claudia Tuckey
Candy Crawford & Crew	Howard Irwin	Rosalind Pace	Sandy Wonders
Stephen Currier	Chef	Harry Peabody	Bill Worthington
Sebastian Davis	Richard Johnson	John Pendleton	Diana Wothington
Antoinette Day	Florence Johnson	Helen Perry	
Elaine Dee	Joyce Johnson	Brian Quigley	
John Doucette	Ken Johnson	Jane Ray	
Claudia Dracker	Raymond Johnson	David Ricketts	
Anna Duarte	Ruth Jordan	Bernie Robbins	
Judy Dutra	Susan Kadar	Mary Robbins	
Diane Eib	Bobbie Kane	Naomi Rorro	
Joyce Edinberg	Lisa Kavanaugh	Diane Rose	
Nancy Edwards	Molly Lofgren	Malcolm Rose	
Thomas Ferreira	Dan Lynch	Norman Rose	
David Foster	Donna Mahan	Stephen Royka	
Margaret Foster	Barbara Marin	Dan Sanders	
	Toni Marsh		



Friday Night Fish Fry

Every Friday the Truro COA van will be traveling to Eastham Elks for their famous Fish Fry (you can have chicken if you don't eat fish). The cost of the dinner is \$8, and donations are always welcome for the van ride. Pick up will be between 5-5:30. The dinner runs from 5:30 to 7:30 P.M.

Call to reserve your seat on the van!
508-487-2462



MYSTERY BOOK CLUB

APRIL 8 12:30

SPLIT IMAGE

Robert B. Parker

THANK YOU to the FTCOA

Once again, we would like to thank the Friends of the Truro Council on Aging for making so many things possible here at the COA. From water jug holders to beautiful outdoor furniture (that has just been ordered) to classes such as Flower Arranging.

We all strive to make the COA a more inviting and comfortable place for seniors to be, and it is without question that your generosity helps with our goals.

Sincerely,

The Truro COA
Staff



Truro Council on Aging Pre -Paid Swimming Memberships

The Friends of the COA has again purchased a number of memberships for Beach Point Health & Swim Club at the Top Mast Resort. If you are interested in purchasing a Senior Member Pass, you must be a Truro resident and over the age of 59. For more information call the COA at 508-487-2462.



Elder Services of Cape Cod

is in need of volunteers for their Meals on Wheels program. If you are interested in delivering meals on the outer Cape, please contact Beth McCormick at 508-349-2800.

MEMOIRS with Roz Pace

Many thanks to Truro Treasures for the donation that will enable Roz Pace to head up the Memoirs class that meets every Monday from 10:30 -12:30. Roz will be with the class April 4,11,18, 25, May 2 and May 9th.

Hyannis Trip

Trader Joe's has beautiful flowers for you to pick up just in time for Easter. Lots of special spring buys, too!

Make a reservation for the van by calling 508-487-2462.

Friday, April 15, 9 A.M.



A special thank you to Jim Snow of *Snow's Home and Garden* in Orleans for his generosity to the COA.

The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations. 508-457-7461 or toll free 866-518-6877**

May 14, Saturday-One FAN-tastic Day. This is for die hard Boston sports fans. You'll visit the Sports Museum located in the TD Garden, tour Fenway Park and enjoy a full lunch at Jerry Remy's Sports Bar & Grill. Gillette Stadium will be the next stop and the Hall at Patriot Place. \$99

May 17, Tuesday-Arnold Arboretum's Lilac Lovers. There are over 422 lilac plants of approximately 194 varieties at the Arnold Arboretum of Harvard University, the oldest public arboretum in North America. After a fantastic walking tour we'll visit Quincy Market for free time for lunch and shopping. Cap the day off with a relaxing ride on Boston's iconic Swan Boats. \$60

May 31, Tuesday-Salem Sampler-The House of Seven Gables, Hawthorne Home, Colonial Revival Gardens, lunch at Pickering Wharf, Peabody Essex Museum and Yin Yu Tang Chinese House will all be included as we explore Cape Ann. \$80

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Friends of the Truro Council on Aging Officers: John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Florence Johnson, Diane Rose.

Council on Aging Officers: Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingram, John Pendleton, Bernard Robbins, Kitty Stevens, Judith Thompson, Alternate; Claudia Tuckey. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman, Farney Schneider and Chuck Zimmer, Van Drivers.

COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY

OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

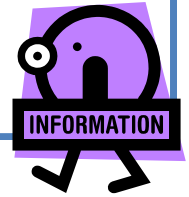
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PERMIT #1

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan & John Moriarty, Hilde Oleson and Ginny Sharrock for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.

TRURO COA GENERAL INFORMATION

If more information is needed, please call the COA @ 487-2462



PACE—People with Arthritis Can Exercise. Slow paced, chair exercise instructed by Kathy Stetson, Certified Physical Therapist. FREE

CORE CONDITIONING - Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor.

Instructor Kathy Stetson, Certified Physical Therapist. \$5/per class

STRENGTH TRAINING—Chair exercises using hand and leg weights. Some standing using strengthening bands. Go at your own pace. FREE

MEMOIRS—A group setting of writers who read, write and critique the work of the group members. FREE

MEN'S GROUP—A group setting to discuss politics, current events, world happenings or what's important to you. FREE

COA CAFÉ—Weekly luncheon, open to all. Reservations **MUST** be made by Monday's at noon by calling the COA. \$7.50

MAHJONGG—Weekly gaming open to all that have some experience. FREE

STORY TELLING with Dan Lynch—Share your favorite memories and listen to Dan and participants reminisce. 3rd Tuesday of each month. FREE

FRIDAY MOVIE—Join some friends or make new ones at the FREE Friday Flick here at the COA. Popcorn provided.

WII—Bowling and other sports available to try out. FREE

HOW—Helping Our Women with support for women with chronic illness. Open to all women with any type of chronic and life threatening/disabling condition. First Thursday of the month 9:30-11:30. Call for more information 487-4357.

SIGHT LOSS—Support group meeting is the 4th Monday, September through June, 10 A.M.-Noon. Transportation available. Call the COA for additional information.

PEDICARE—Non-medical foot care by appointment at the COA. First Thursday of each month. **Reservations required.**

PODIATRIST— All foot care problems, as well as routine care. Fridays, every other month. **Reservations required.**

LEGAL SERVICES—Legal services of Cape Cod & Islands Specializing in Elder Services. 2nd Wednesday of each month. **Appointment required** by calling the COA @ 487-2462.

WEIGHT LOSS—Wednesdays, immediately following Strength Training at 10A.M. Free

Check out the Calendar section of the Log to find out more information about dates and times.

Transportation is available by reservation by calling 508-487-2462

